

WHAT IS CLAIMED IS:

1. A method for preparing bean curd comprising the steps of:
 - a) preparing lactic acid bacteria culture by fermenting i) salt, sugar, water and ii) material which is one or more selected from a group consisting of vegetables, fruits, and a mixture thereof with lactic acid bacteria;
 - b) preparing the bean soup by pulverizing the soaked soy bean in water, heating, and filtering; and
 - c) adding the lactic acid bacteria culture of step a) to the bean soup cooled at 40 °C .
2. The method for preparing bean curd according to claim 1, wherein the lactic acid bacteria culture of step a) is lactic acid bacteria existing in Kimchi.
3. The method for preparing bean curd according to claim 1, wherein the vegetable is cabbage or radish, and the fruit is pear or pineapple.
4. Bean curd prepared according to method in any one of claim 1.
5. A method for preparing beverage containing lactic acid bacteria comprising the steps of:
 - a) preparing lactic acid bacteria culture by fermenting i) salt, sugar, water and ii) material which is one or more selected from a group consisting of vegetables, fruits, and a mixture thereof with lactic acid bacteria;
 - b) preparing the bean soup by pulverizing the soaked soy bean in

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water, heating, and filtering;

c) adding the lactic acid bacteria culture of step a) to the bean soup cooled at 40 °C; and

d) mixing syrup or fruit juice with the bean soup remaining after preparing bean curds of step c).

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p → 6. beverage prepared according to claim 5.